

Contents

Purpose

Purpose	3
---------------	---

Coordinator's Guide—Chapter 1

Coordinator's Guide	4
Sample Promotion Messages	5

Participant's Guide—Chapter 2

Participant's Guide	8
---------------------------	---

Yule Log Sheets—Chapter 3

Yule Log Sheets	11
-----------------------	----

Healthy Recipes and Hints—Chapter 4

Homemade Turkey Soup	18
Get Physical!	19
Winter Crisp	19
Variation	19
Banana Mousse	20
Green Bean Saute	20
Baked Pork Chops	21
Carrot-Raisin Bread	21
Rainbow Fruit Salad	22
Yosemite Chicken Stew & Dumplings	22
Apricot-Orange Bread	24

The Heart Healthy Eating Plan	24
-------------------------------------	----

Certificate of Achievement—Chapter 5

Certificate of Achievement	25
----------------------------------	----

Evaluations—Chapter 6

Program Evaluation	26
Wellness Kit Evaluation	27

Purpose

Maintain, No Gain is a weight management program designed to encourage employees to gain no more than two pounds during the holiday season (Thanksgiving through New Years). This packet is designed to provide you with the guidance you need to coordinate the program at your location. Also included in the packet are sample materials, and some materials you can copy and use directly from this packet.

The last section of this packet contains an evaluation form. Please use the form to let us know what you liked about the packet, and what you felt could be improved.

Have a Happy, Healthy Holiday Season!

Community and Worksite Wellness Program
Texas Department of Health
Bureau of Disease and Injury Prevention

Chapter 1

Coordinator's Guide

The Maintain No Gain Program is a seven week employee wellness program that encourages people to not gain over 2 pounds from their current weight during the holiday season. On average, people gain 7 pounds from Thanksgiving to New Years Day, then find it hard to lose that weight during the year.

Our approach to weight maintenance is common sense, eat foods listed in the food pyramid in the amount recommended and exercise at least three times a week. Seems simple, and yet our busy lifestyles may provide barriers to achieving that common sense goal!

How does the program work? Coordinator's or a committee will:

1. set our dates to coincide with the holiday season, yet any time during the year is appropriate.
2. develop our program guidelines and advertise this to our employees. Those guidelines are:
 - a. weigh in on a certain date to get the base weight noted.
 - b. people cannot gain more than 2 pounds from the base weight at the end of the program.
 - c. people can lose weight but do not get extra credit for that loss.
 - d. there are two educational programs that are optional to attend.
 - e. there are seven weekly log sheets that must be turned in by the weigh out date.

- f. people are encouraged to eat five servings of fruits and/or vegetables a day and to exercise at least five times a week. This is noted on the log sheet, but people are not penalized for incomplete reporting of activities.
 - g. an entry fee is assessed. The fee goes for the following:
% goes back to the person if they do not gain more than 2 pounds from their weigh in weight, % goes to prizes, % goes to wellness program to purchase wellness items.
 - h. low fat recipes are included on the weekly log sheet, as well as tips to make it through each week.
- 3. schedule dates for rooms for weigh in and weigh out and educational programs and advertise this to our employees. We encourage pre-sign up so we can make the correct amount of copies of handout materials.
- 4. determine the collection mechanism for the entry fee and potential prizes.
- 5. weigh-in participants on the weigh-in date, collect fees, and handout the weekly log sheets. The first educational program is scheduled for that day.
- 6. maintain contact with participants and make arrangements for the collection of the weekly log sheets. Participants can weigh out for that week, enter it on the log sheet, then we enter the end weight on the start weight for the next week. This provides the participants with a tracking mechanism during the seven weeks, so weight doesn't creep up on them! We provide a weekly incentive prize for turning in their log sheet.
- 7. schedule and hold the next educational session during the third week.
- 8. weigh out the participants on the final date and determine who is eligible to receive the % money back for not gaining over 2 pounds. Those participants also get their name in the grand prize drawing pot, as well as additional smaller prizes.
- 9. advertise our success to our entire worksite and congratulate those who participated.

Our employees have enjoyed the program and look forward to new and fun ways of

leading a healthier lifestyle! We hope your worksite will enjoy it too!

Sample Promotion Messages

Holidays are coming, the goose is getting fat!! Is the goose you? If so, join the Maintain No Gain Program!!

What: A seven week program to encourage healthy choices for proper diet and exercise during the holiday festivities. A weekly log is maintained to keep you aware of your progress.

Goal: To maintain your weight within two pounds from the initial weigh in. Weight loss is allowed, but is not the point.

When: November 17 (weigh in) through January 8 (weigh out).

Fee: Five dollars per person. Three dollars goes to the program and prizes and two dollars is returned to the successful participants. (Success means turning in weekly log sheets by January 8 and not gaining more than two pounds from the initial weigh in.)

Support: There will two educational sessions. November 17 from 2-3 p.m. on “Steering Your Way Through the Holiday Treats,” and December 13 from 2-3 p.m. on “Coping with Holiday Depression” presented through the Pathways to Success series.

Sign in: By November 15, by calling the Wellness Program at 458-XXXX.

Questions: Contact Jane Doe at 458-XXX, or Sally Jones at 458-XXXX.

Join the Fun!!!

Don't Be Shy!!!

Sign up for the Third Annual Maintain No Gain! There's hardly any work involved, just a commitment to watch those pounds during the holiday season!

Participants will be given a weekly log where you check yes or no whether or

not you ate five fruits and/or vegetables a day or were physically active most days of the week

For the five dollars entry fee, you will get:

- Weekly tips and menus to help you through the holiday season;
- Two dollars back if you do not gain more than two pounds from your weigh in weight. (You can lose pounds);
- Weekly incentive item for each log sheet turned in by January 8;
- You name in the big pot for larger prizes if you do not gain more than two pounds from your weigh in weight;
- Two educational programs: November 17, 2-3 p.m., “Steering Your Way Through the Holiday Treats” and December 13, 2-4 p.m., “Coping With Holiday Depression.”
- Sign up by November 15. Weigh in is from 8:30 to 10 a.m. on November 17. We will make arrangements to weigh people early, if you are out on the 17th. Call 458-7111, X99999 to sign up or if you have questions.

Reminder!

Don’t forget the Maintain No Gain program is due to start November 17! To sign up call Jane or Sally at XXX-XXXX. Weigh in is from 8:30 to 10 a.m. in L-100.

Also on November 17, Janice Robinson from Any Town Diagnostic Clinic, will speak from 2-3 p.m. in L-100 on “Steering Your Way Through the Holiday Treats!”

Chapter 2

Participant's Guide

The average American will gain 8 to 10 pounds during the holiday season! This six week program is designed to encourage healthy choices for proper diet and physical activity during the holiday festivities, which will keep you looking great, and give you a 10 pound head start on your New Year's resolution!

The goal is to maintain your weight within two pounds of your initial weigh-in. Weight loss is allowed, but is not the point.

Incentives: All participants who maintain their weight within two pounds will be eligible for the Grand Prize Drawing (Fitness Kits, Cook-Books, etc..). Individuals who attend weekly weigh-ins will also be eligible for weekly incentives and drawings.

The program begins with a weigh-in on November 22, 1999. Contact your Campus Coordinator for the weigh-in time and location for your building. A list of Campus Coordinators, and their contact information is attached. If you will be unable to attend this weigh-in, contact the coordinator for your building to arrange a weigh-in time before the date listed above.

Various educational presentations will be held throughout the program. Check the following page to find out when and where presentations will be conducted at your building.

Program information and materials will be distributed at the initial weigh-in. Follow the directions below for each week of the program:

- 1 Record zero in the start weight for the beginning weight on Week 1.
- 2 Place a check in the 5 A Day section for each day you eat five servings of fruit and/or vegetables. Strive for all seven days!

3. Place a check in the 5 A Week section for each day you participate in physical activity. Strive for five checks!
4. Try the suggestions and recipes provided with your weekly logs.
5. Follow the calendar of dates to begin each week, and return your completed weekly yule logs to your building coordinator:

<u>Dates</u>	<u>Turn in Yule Log Sheet On:</u>	
Weigh-in	November 22, 1999	
Week 1	Nov 22 - Nov 28	Nov 29, 1999
Week 2	Nov 29 - Dec 5	Dec 6, 1999
Week 3	Dec 6 - Dec 12	Dec 13, 1999
Week 4	Dec 13 - Dec 19	Dec 20, 1999
Week 5	Dec 20 - Dec 26	Dec 27, 1999
Week 6	Dec 27 - Jan 2	Jan 3, 2000
Weigh-out	Jan 3, 2000	

To check your weight maintenance progress, follow the directions below:

1. Attend optional Weekly Weight Checks. Your Campus Coordinator will let you know the dates, time and location of weight checks at your building. Additional information, and support will be provided each week, along with accurate weighing, and assistance with completing your Yule Log sheet.
2. Annotate zero for your start weight on the Week 1 Yule Log. At the end of the week, or at weekly weighing, weigh yourself to determine the number of pounds gained or lost.
3. If you gained weight, place a plus sign (+) and the number of pounds you gained in the end weight box. If you lost weight place a minus sign (-) and the number of pounds you lost in the end weight box. If you maintained the same weight place a zero in the end weight box.
4. The end weight for Week 1 will then become your start weight on your Week 2 Yule Log.
5. At the end of Week 2, weigh again to determine if you have lost, gained

or maintained weight. Add or subtract the number of pounds gained or lost for the week to the start weight to arrive at your new end weight. Continue this for the remainder of the weeks. See an example on the next page.

6. The following example is for an individual who weighed in at 150 pounds.

Weigh in - 150

Week 1 - Start Weight: 0 Weekly Weighing: 153(+3) End Weight: +3

Week 2 - Start Weight: +3 Weekly Weighing: 152(-1) End Weight: +2

Week 3 - Start Weight: +2 Weekly Weighing: 152(0) End Weight: +2

Week 4 - Start Weight: +2 Weekly Weighing: 150(-2) End Weight: 0

Week 5 - Start Weight: 0 Weekly Weighing: 149(-1) End Weight: -1

Week 6 - Start Weight: -1 *Weekly Weighing: 148(-1) End Weight: -2

Weigh out - 148

Initial Weigh-in and the final Weigh-out must be done at the same location, by the program coordinator, or their designee. All other weighing may be done at home, or at any of the weekly weighing.

Chapter 3

Yule Log Sheets

Don't skip meals:
you'll be more likely to snack on fatty foods when you do eat.

Take smaller portions. Eat slowly and savor your food; you'll be less likely to overeat seconds.

Spoon only a few teaspoons of sauces on your meal instead of pouring or ladling them.

Chew gum if you are likely to snack while preparing food or waiting for a meal to be served.

5 A Day

Sun	_____
Mon	_____
Tue	_____
Wed	_____
Thu	_____
Fri	_____
Sat	_____

5 A Week

Sun	_____
Mon	_____
Tue	_____
Wed	_____
Thu	_____
Fri	_____
Sat	_____

Start Weight _____

End Weight _____

Week 1

Get up from the table as soon as you finish eating. This makes it harder to nibble on leftovers.

Maintain No Gain Yule Log

Buy pre-cut carrots, celery, broccoli and cauliflower at your supermarket salad bar.

Sip a low calorie drink & fill up with salad or veggies to take the edge off your hunger before and during a party.

Be aware that alcohol increases your appetite and lowers your inhibitions. You may make less careful food choices when drinking.

5 A Day

Sun	_____
Mon	_____
Tue	_____
Wed	_____
Thu	_____
Fri	_____
Sat	_____

5 A Week

Sun	_____
Mon	_____
Tue	_____
Wed	_____
Thu	_____
Fri	_____
Sat	_____

Start Weight _____

End Weight _____

Week 2

Sliced peaches, pineapples or pears are only a can opener away. Look for ones packed in 100% juice.

Don't stand by the food table at a party.

Maintain No Gain Yule Log

Bring a healthy food you love and can share on. Use veggies and low fat dip, popcorn, low fat yogurt or fruit.

Vegetable soup is an easy way to get some of your five servings a day. Make your own or add some lightly cooked veggies to canned soup.

When traveling in a car, store all food items in the trunk.

5 A Day

Sun	_____
Mon	_____
Tue	_____
Wed	_____
Thu	_____
Fri	_____
Sat	_____

5 A Week

Sun	_____
Mon	_____
Tue	_____
Wed	_____
Thu	_____
Fri	_____
Sat	_____

Start Weight _____

End Weight _____

Week 3

Add extra vegetables to main dishes such as chunked vegetables to spaghetti sauce, stew and stir-fry dishes.

Don't start eating foods which you can't stop eating such as peanuts, chips or M&M's.

Maintain No Gain Yule Log

Save up for special foods such as pecan pie, cash dip or special cookies. You can eat chips and nuts anytime.

Take needlework or other small projects with you to occupy your hands while you are traveling and visiting your family.

Be assertive. Don't allow people to talk you into eating foods you should not eat.

For a quick, healthy side dish: steam a bunch of fresh spinach for 2-3 minutes. Drizzle with balsamic vinegar or parmesan cheese.

Suggest active activities in the spirit of the holiday. Start a new tradition (like caroling, skating or walking).

<u>5 A Day</u>		<u>5 A Week</u>	
Sun	_____	Sun	_____
Mon	_____	Mon	_____
Tue	_____	Tue	_____
Wed	_____	Wed	_____
Thu	_____	Thu	_____
Fri	_____	Fri	_____
Sat	_____	Sat	_____

Start Weight _____

End Weight _____

Week 4

Maintain No Gain Yule Log

When buying chicken, select a breast or drumstick. They have a far less fat than the thigh and wing.

For a refreshing low-calorie drink, mix half a glass of orange juice with half a glass of seltzer.

Add extra vegetables to sandwiches like tomato or onion slices, sprouts and lettuce.

Use mustard or ketchup on your sandwiches instead of mayonnaise and you'll save 11 grams of fat and 100 calories with each spoonful.

For a lower-fat snack, mash half a banana with half as much peanut butter as you usually use.

5 A Day

Sun	_____
Mon	_____
Tue	_____
Wed	_____
Thu	_____
Fri	_____
Sat	_____

5 A Week

Sun	_____
Mon	_____
Tue	_____
Wed	_____
Thu	_____
Fri	_____
Sat	_____

Start Weight _____

End Weight _____

Week 5

Maintain No Gain Yule Log

Keep plenty of low calorie snack and beverages on hand: popcorn, bread sticks, fresh fruit, diet soda.

Avoid starving yourself in anticipation of a big meal.

Decorate with fresh fruit bowls instead of nuts or candy.

Three things you probably never thought to put in your lunch bag: air-popped popcorn, a grapefruit, an ear of last night's cooked corn on the cob.

Est before you go shopping.

<u>5 A Day</u>		<u>5 A Week</u>	
Sun	_____	Sun	_____
Mon	_____	Mon	_____
Tue	_____	Tue	_____
Wed	_____	Wed	_____
Thu	_____	Thu	_____
Fri	_____	Fri	_____
Sat	_____	Sat	_____

Start Weight _____

End Weight _____

Week
6

Maintain No Gain Yule Log

Use a tablespoon of sour cream instead of margarine or butter on your baked potato. It has 75 percent less fat.

One cup of cooked beans, like pinto, navy beans or lentils, contains about half of the fiber you should eat in a whole day.

Modify some of your traditional family recipes to make them healthier.

Give fruit and vegetable gift baskets to friends and family

Plan your holiday meals ahead of time and make a complete shopping list.

<u>5 A Day</u>	<u>5 A Week</u>
Sun _____	Sun _____
Mon _____	Mon _____
Tue _____	Tue _____
Wed _____	Wed _____
Thu _____	Thu _____
Fri _____	Fri _____
Sat _____	Sat _____

Start Weight _____

End Weight _____

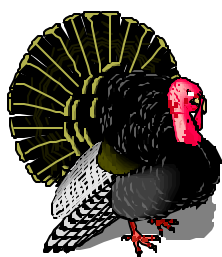
Week
7

Maintain No Gain Yule Log

Chapter 4

Healthy Recipes & Hints

Homemade Turkey Soup



To make this soup lower in fat, prepare it ahead of time, allow to cool then skim off the fat that rises to the top.

6 lb.	turkey breast. It should have some	1/2 tsp	dried sage
	meat (at least 2 cups) remaining on it to	1 tsp	dried basil
	make a good rich soup.	1/2 tsp	dried marjoram
2	medium onions	1/2 tsp	dried tarragon
3	stalks of celery	1/2 tsp	salt
1 tsp	dried thyme		black pepper to taste
1/2 tsp	dried rosemary	1/2 lb	Italian pastina
			or
			pasta

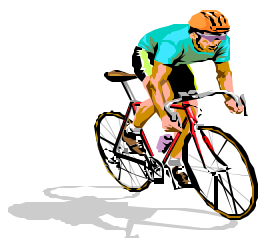
1. Place turkey breast in a 6-quart pot. Cover with water, at least 3/4 full.
2. Peel onions, cut in large pieces, and add to pot. Wash celery stalks, slice, and add to pot also.
3. Cover and simmer for about 2 1/2 hours.
4. Remove turkey breast from pot. Divide soup into smaller shallower containers for quick cooling in the refrigerator.
5. After cooling, skim off fat.
6. While soup is cooling, remove remaining meat from turkey breast. Cut into pieces.
7. Add turkey meat to skimmed soup along with herbs and spices.
8. Bring soup to a boil and add pastina. Continue cooking on low boil for 20 minutes until pastina is done.
9. Serve at once or refrigerate for later reheating.

Yield: about 4 quarts of soup (16 servings) - serving size: 1 cup

Each serving provides: calories: 226 - total fat: 5g - saturated fat: 1g - cholesterol:

93mg - sodium: 217mg

Get Physical!



In a landmark report, the Surgeon General of the United States is recommending that all Americans participate in some type of physical activity, accumulating at least 30 minutes of moderate activity, on most days of the week.

Moderate activities include taking a brisk walk, riding a bicycle, swimming laps, dancing, skiing, bowling, scuba diving, etc., in addition to the traditional forms of exercise (aerobics, jogging, etc.) and recreation tennis, volleyball, basketball and team sports. Be creative! You are more likely to continue activities you enjoy.

The goal is to make physical activity an enjoyable event that is fun, healthy, and a lifestyle change that will last a lifetime. Choose an activity that you enjoy and go out and do it! For more fun, include your family friends, and co-workers in your favorite activities.

Winter Crisp



Only 1 tablespoon of margarine is used to make the crumb topping of this tart and tangy fruit dessert that is cholesterol free and low sodium.

Filling:

1/2 C	sugar
3 Tbsp	all-purpose flour
1 tsp	lemon peel
3/4 tsp	lemon juice
5 C	apples, unpeeled, sliced
1 C	cranberries

Topping:

2/3 C	rolled oats
1/3 C	brown sugar, packed
1/4 C	whole wheat flour
2 tsp	ground cinnamon
1Tbsp	soft margarine, melted

1. To prepare filling, combine sugar, flour, and lemon peel; mix well in a medium bowl. Add lemon juice, apples and cranberries; stir to mix. Spoon into a 6-cup baking dish.
2. To prepare topping, combine oats, brown sugar, flour, and cinnamon in a small bowl. Add melted margarine; stir to mix.
3. Sprinkle topping over filling. Bake in a 375-degree oven for approximately 40-50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Variation

Summer Crisp: Prepare as directed, substituting 4 cups fresh or unsweetened frozen (thawed) peaches and 3 cups fresh or unsweetened frozen (unthawed) blueberries for apples and cranberries. If frozen, thaw peaches completely (do not drain). Do not thaw blueberries before mixing or they will be crushed.

Yield: 6 servings - serving size: 13/4-inch by 2-inch piece.

Each serving provides: calories: 284 - total fat: 6g - saturated fat: 1g - cholesterol: 0mg - sodium: 56mg

Banana Mousse

This creamy dessert is low in Saturated fat, cholesterol and sodium.



2 Tbsp	low fat (1%) milk	1	medium banana, cut in quarters
4 tsp	sugar	1 C	plain low fat yogurt
1 tsp	vanilla	8	1/4-inch banana slices

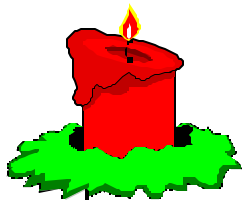
1. Place milk, sugar, vanilla and banana in blender. Process 15 seconds at high speed until smooth.
2. Pour mixture into a small bowl; fold in yogurt. Chill. Spoon into 4 dessert dishes; garnish each with two banana slices just before serving.

Yield: 4 servings - serving size: 1/2 cup

Each serving provides: calories: 94 - total fat: 1g - saturated fat: 1g - cholesterol: 4mg - sodium: 47mg

Green Bean Saute

Green beans and onions are lightly sauteed in only 1 tablespoon of oil.



1 lb	fresh or frozen green beans, cut in 1-inch pieces	1/2 tsp	salt
		1/8 tsp	black pepper
1 Tbsp	vegetable oil	1 Tbsp	fresh parsley, minced
1	large yellow onion, halved lengthwise and thinly sliced		

1. If using fresh greens, cook green beans in boiling water for 10-12 minutes or steam for 2-3 minutes until barely tender. Drain well. If using frozen beans, thaw first.

2. Heat oil in a large skillet. Saute onion until golden.
3. Stir in green beans, salt and pepper. Heat thoroughly.
4. Toss with parsley before serving.

Yield: 4 servings - serving size: 3/4 cup

Each serving provides: calories:64 - total fat: 4g - saturated fat: less than 1g - cholesterol:0mg - sodium:282mg

Baked Pork Chops



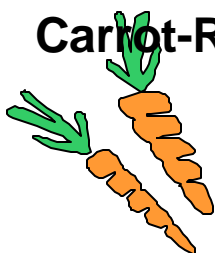
These spicy and moist pork chops are made with no added fat, egg whites, evaporated skim milk and a lively herb mixture that contains no salt.

- | | | | |
|------|--|--------|----------------------------------|
| 6 | lean center-cut pork chops, 1/2 inch thick | 3/4tsp | chili powder |
| 1 | egg white | 1/2tsp | garlic powder |
| 1C | evaporated skim milk | 1/2tsp | black pepper |
| 3/4C | cornflake crumbs | 1/8tsp | cayenne pepper |
| 1/4C | fine dry bread crumbs | 1/8tsp | dry mustard |
| 4tsp | paprika | 1/2tsp | salt |
| 2tsp | oregano | | nonstick spray coating as needed |
1. Trim all fat from chops.
 2. Beat egg white wit evaporated skim milk. Place chops in milk mixture and let stand for 5 minutes, turning chops once.
 3. Meanwhile, mix together cornflake crumbs, bread crumbs, spices and salt.
 4. Spray a 9 x 13-inch baking pan with nonstick spray coating.
 5. Remove chops from milk mixture. Coat thoroughly with crumb mixture.
 6. Place chops in pan and bake in 375-degree F oven for 20 minutes. Turn chops and bake 15 minutes longer or until no pink remains.

Yield: 6 servings - serving size: 1 pork chop

Each serving provides: calories: 186 - total fat: 5g - saturated fat: 2g - cholesterol: 31mg - sodium: 393mg

Carrot-Raisin Bread



This tasty bread is low in saturated fat and cholesterol, thanks to the small amount of oil and eggs used.

1 1/2 C	sifted all purpose flour	1	egg, beaten
---------	--------------------------	---	-------------

1/2 C	sugar	1/2C	water
1 tsp	baking powder	2 Tbsp	vegetable oil
1/4 tsp	baking soda	1/2 tsp	vanilla
1/2 tsp	salt	1 1/2 C	finely shredded carrots
1 1/2 tsp	ground cinnamon	1/4 C	chopped pecans
1/4 tsp	ground allspice	1/4 C	golden raisins

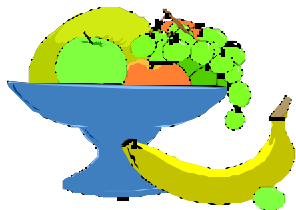
1. Preheat oven to 350-degrees. Lightly oil a 9x5x3-inch loaf pan.
2. Stir together dry ingredients in a large mixing bowl. Make a well in center of dry mixture.
3. In separate bowl, mix together remaining ingredients; add this mixture all at once to dry ingredients. Stir just enough to moisten and evenly distribute carrots.
4. Turn into prepared pan. Bake for 50 minutes or until a toothpick inserted in center comes out clean.
5. Cool 5 minutes in pan. Remove from pan and complete cooling on a wire rack before slicing.

Yield: one loaf - serving size: 1/2-inch slice

Each serving provides: calories: 99 - total fat: 3g - saturated fat: less than 1g - cholesterol: 12mg - sodium: 97mg

Rainbow Fruit Salad

Good as a side dish or dessert, this salad made from fresh fruit is naturally low in total fat, saturated fat and is cholesterol free.



Fruit salad:

- | | |
|----|---------------------------------|
| 1 | large mango, peeled and sliced |
| 2C | fresh blueberries |
| 2 | bananas, sliced |
| 2C | fresh strawberries, halved |
| 2C | seedless grapes |
| 2 | nectarines, unpeeled and sliced |

1. Prepare the fruit
2. Combine all the ingredients for the sauce and mix.

Honey orange sauce:

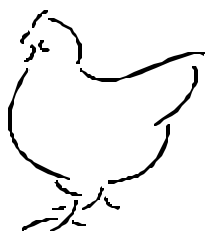
- | | |
|-----------|--------------------------|
| 1/3C | unsweetened orange juice |
| 2Tbsp | lemon juice |
| 1 1/2Tbsp | honey |
| 1/4tsp | ground ginger |
| dash | nutmeg |

3. Just before serving, pour honey orange sauce over the fruit.

Yield: 12 servings - serving size: 4 oz cup

Each serving provides: calories: 96 - total fat: 1g - saturated fat: less than 1g -
cholesterol: 0mg - sodium: 4mg

Yosemite Chicken Stew & Dumplings



Skinless chicken is the basis for this delicious stew with cornmeal dumplings made with low fat milk.

For the stew:

1 lb skinless, boneless chicken meat, cut into
1-inch cubes

1/2 C onion, coarsely chopped

1 medium carrot, peeled and thinly sliced

1 stalk celery, thinly sliced

1/4 tsp salt

black pepper to taste

1 pinch ground cloves

1 bay leaf

3 C water

1 tsp cornstarch

1 tsp dried basil

1 package frozen peas (10 oz.)

For the cornmeal dumplings:

1 C yellow cornmeal

3/4 C sifted all-purpose
flour

2 tsp baking powder

1/2 tsp salt

1 C low fat (1%) milk

1 Tbsp vegetable oil

For the stew:

1. Place chicken, onion, carrot, celery, salt, pepper, cloves, bay leaf and water into a large saucepan. Heat to boiling; cover and reduce heat to simmer. Cook about 1/2 hour or until chicken is tender.
2. Remove chicken and vegetables from broth. Strain broth.
3. Skim fat from broth; measure and, if necessary, add water to make 3 cups liquid.
4. Mix cornstarch with 1 cup cooled broth by shaking vigorously in a jar with a tight fitting lid.
5. Pour into saucepan with remaining broth; cook, stirring constantly, until mixture comes to a boil and is thickened.
6. Add basil, peas and reserved vegetables to sauce; stir to combine.
7. Add chicken and heat slowly to boiling while preparing cornmeal dumplings.

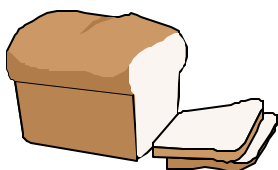
For the dumplings:

1. Sift together cornmeal, flour, baking powder and salt into a large mixing bowl.
2. Mix together milk and oil. Add milk mixture all at once to dry ingredients; stir just enough to moisten flour and evenly distribute liquid. Dough will be soft.
3. Drop by full tablespoons on top of braised meat or stew. Cover tightly; heat to boiling. Reduce heat (do not lift cover) to simmering and steam about 20 minutes.

Yield: 6 servings - Serving size: 1 1/4 cup stew with 2 dumplings

Each serving size provides: Calories: 307 - Fat: 5g - Saturated fat: 1g - Cholesterol: 43mg - Sodium: 471mg

Apricot-Orange Bread



Only 1 egg and very little margarine are used in this low saturated fat, low cholesterol, low sodium bread.

6 oz.	package of dried apricots, cut into small pieces	3 1/2 C	sifted all-purpose flour
2C	water	1/2 C	nonfat dry milk powder
2 Tbsp	margarine	2 tsp	baking powder
1 C	sugar	1 tsp	baking soda
1	egg, slightly beaten	1 tsp	salt
1 Tbsp	freshly grated orange peel	1/2 C	orange juice
		1/2 C	chopped pecans

1. Preheat oven to 350 degrees. Lightly oil two 9x5-inch loaf pans.
2. Cook apricots in water in a covered medium-size saucepan for 10-15 minutes or until tender but not mushy. Drain; reserve 3/4 cup liquid. Set apricots aside to cool.
3. Cream together margarine and sugar. By hand, beat in egg and orange peel.
4. Sift together flour, dry milk, baking powder, soda, and salt. Add to creamed mixture alternately with reserved apricot liquid and orange juice.
5. Stir apricot pieces and pecans into batter.
6. Turn batter into prepared pans.

7. Bake for 40-45 minutes or until bread springs back when lightly touched in center.
8. Cool 5 minutes in pan. Remove from pan and completely cool on wire rack before slicing.

Yield: 2 loaves - Serving size: 1/2 inch slice

Each serving provides: Calories: 97 - Total fat: 2g - Saturated fat: less than 1g - Sodium: 113mg

The Heart Healthy Eating Plan



1. Choose foods low in saturated fat.
2. Choose foods low in total fat.
3. Choose foods high in starch and fiber.
4. Choose foods low in cholesterol.
5. Choose foods lower in salt and sodium.
6. Maintain a healthy weight, and lose weight if you are overweight.
7. Be more physically active.

Chapter 5

Certificate of Achievement

Chapter 6

Texas Department of Health MAINTAIN, NO GAIN

CERTIFICATE OF ACHIEVEMENT

AWARDED TO

JANE PUBLIC

1998



Evaluations

Program Evaluation

Maintain, No Gain Evaluation

1. Please indicate the number of days per week you did some form of physical activity, **prior to** starting Maintain, No Gain.

0 1 2 3 4 5 6 7

2. Please indicate the number of weekly weigh-ins, and other Maintain, No Gain events you took part in.

2 3 4 5 6 7 8 9 10

3. During the time you participated in Maintain No Gain, did you increase the number of servings of fruits and vegetables you eat on most days?

YES

NO

4. Did your weight **decrease** during Maintain, No Gain?

YES

NO

5. Please indicate the number of days per week you do some form of physical activity, **since participating in** Maintain, No Gain.

0 1 2 3 4 5 6 7

6. What component of Maintain, No Gain did you like most?

7. What changes do you feel would make Maintain, No Gain a more effective program?

8. Have you participated in Maintain, No Gain in previous years?

YES

NO

Thank You for your feedback on the Maintain, No Gain Program. Please fold and seal this page, so that the Wellness Program address on the back of the page is visible, then deposit in Inter-Departmental Mail to be returned to the TDH Employee Wellness Program. We will follow-up with

you in 3 months to evaluate the lasting effectiveness of Maintain, No Gain.

Wellness Kit Evaluation

Worksite Wellness Kit Evaluation

We appreciate any comments or suggestions you have concerning the Worksite Wellness Kit. The information and suggestions you provide will be helpful in future updates and program development. Please complete this form after implementing the program, then mail to the address at the bottom of this page.

Name of Program Kit: _____

1. How much of the kit did you read and complete or implement?
____ All of it ____ Some of it ____ Did not complete or implement
2. What sections of the kit did you find useful?
3. What sections of the kit did you find least useful?
4. When did you use the guide?
5. How many people participated?
6. How many people received information
7. How successful was the program based on your expectations?
Very Successful ____ Somewhat Successful Not Successful
8. What was the overall satisfaction from the people who participated?
Very Successful ____ Somewhat Successful Not Successful
9. How can this program kit be improved?

Name of Organization: _____ Phone: _____

Coordinator: _____ Address: _____

Thank you for your assistance!

Community and Worksite Wellness Program

Bureau of Chronic Disease Prevention and Control
Texas Department of Health
1100 West 49th Street
Austin TX 78756



